

## PRESS RELEASE

### **25<sup>th</sup> Mongolia Sunrise to Sunset ultra-trail: register now!**

- *Mongolia Sunrise to Sunset (MS2S), one of Asia's oldest and most remote ultra-trail races, gears up for its 25th anniversary edition. **The 2025 race will take place on August 13.** Race week is from August 10-16.*
- **Early bird prices are available until December 31, 2024 on [www.ms2s.org](http://www.ms2s.org)**
- *The pristine Hovsgol National Park in Northern Mongolia provides for a stunning setting for the challenging 42km and 100km routes.*
- *Running for the environment: All proceeds are used to fund environmental projects in the National Park and to preserve the unique nomadic lifestyle and culture of its inhabitants.*

Mongolia (November 27, 2024) – Adventurers and trail runners, mark your calendars! The 2025 edition of the spectacular Mongolia Sunrise to Sunset (MS2S) ultra-trail will take place on August 13, with race week from August 10-16. This will be the 25th edition of the traditional event that is widely considered to be among the world's most beautiful ultra-trails. The first MS2S took place in 1999.

MS2S is a unique running adventure: Taking place in the breathtaking Hovsgol National Park in Northern Mongolia, the participants of the 42km and 100km ultra-distance pass through fairytale forests and windblown lowlands, climb craggy mountain passes and run along the lakeshore of mighty Lake Hovsgol. Mongolian horsemen serve as race marshals and help at the aid stations, herds of yaks watch the runners passing by.

Unlike other trail races, MS2S offers not just a unique run, but a week full of adventure and exploration: In the days before and after race day, the participants get in touch with the local nomadic population, sleep in traditional Mongolian Gers and tour the gorgeous wilderness on horseback.

### **For Mother Earth**

All proceeds of the charity event are used to fund environmental projects in Hovsgol National Park, in cooperation with Global Nature Fund, as well as to preserve the unique nomadic lifestyle and culture of its population. MS2S race director Nicolas Musy: "Visiting the Hovsgol Lake area is like stepping into a different world. It is a paradise on earth. We work hard to keep the National Park as clean as it is, and to support the inhabitants so they can continue their unique way of life."

The elevation gain in the marathon distance is more than 1,400 meters, in the 100km ultra run it is around 2,120 meters. Still, everybody with a strong spirit and good training can complete the race. The cut-off time – for both 42km and 100km – is 18 hours. MS2S is a member of the International Trail Running Association ITRA. MS2S is also a partner of the Asia Trail Master.

### **Register now!**

The registrations for 2025 are open – early bird race week travel packages are available on [www.ms2s.org](http://www.ms2s.org). The race is limited to 100 participants.

➔ *Registrations for MS2S 2025 are open – watch the trailer: [LINK](#)*

→ This was the MS2S 2024 race week: [LINK](#)



*Caption 1: The 100km winner of MS2S 2024: Japan's Toshikazu Kagawa.*



*Caption 2: Exhausted at the shore of Lake Hovsgol.*



*Caption 3: In the forests of Northern Mongolia.*



*Caption 4: Mongolia style ultra running.*



*Caption 5: Into the wild.*



*Caption 6: Through fairytale forests in Mongolia's beautiful North.*



*Caption 7: Stunning Lake Hovsgol provides for an unforgettable setting.*



*Caption 8: Mongolian horsemen serve as race marshals, guiding runners along the course.*



*Caption 8: For the good cause: With the proceeds, MS2S support environmental projects in Hovsgol National Park and the nomadic lifestyle of its population.*

**Download high resolution photos [here](#).**

For more information, please visit: [www.ms2s.org](http://www.ms2s.org), [www.facebook.com/MongoliaSunriseToSunset](https://www.facebook.com/MongoliaSunriseToSunset), and [www.instagram.com/ms2s\\_trail](https://www.instagram.com/ms2s_trail)

Please send PDFs or links of publications to [news@hagenpr.com](mailto:news@hagenpr.com) or to Hagen PR, Montfortstrasse 32b-9, 6850 Dornbirn, Austria

**Media contact:**

Bernhard Hagen

[bernhard.hagen@hagenpr.com](mailto:bernhard.hagen@hagenpr.com)

Tel.: +43 664 7348 3730